

Beachcombing

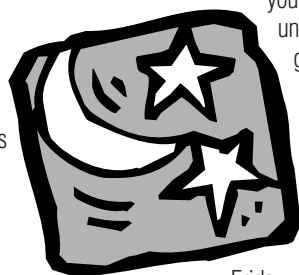
Age: All
Day/Date: Saturday, Oct. 18
Time: 9am
Registration Deadline: Oct. 16
Fee: Free

Location: Buckroe Beach Park Stage
Participants will walk the boardwalk and shoreline of Buckroe Beach, discovering the history and ecology of the park.

Stargazing at Grundland Creek

Age: All
Day/Date: First and Third Fridays of every month
Time: 30 minutes after sunset
Registration Deadline: N/A
Fee: Free
Location: Grundland Creek Park

Would you like to be an astronomer to give you a guided tour of the night sky? See the moon up close or the rings of Saturn through a telescope. Feel free to bring your own telescope. Remember to dress for the weather and bring bug spray.



Grandview Nature Walk

Age: All
Day/Date: First Sunday of every month
Time: 1-2pm
Registration Deadline: N/A
Fee: Free

Location: Grandview Nature Preserve
Become acquainted with one of the most pristine places in Hampton. This walk will take you through a salt marsh down to an undeveloped beach, and you won't even get dirty. We may even see some wildlife! Learn the history and ecology of Grandview. Meet at the gate at State Park Drive.

Walking the Waterfront

Age: All
Day/Date: Every Friday

Time: 7-9am
Registration Deadline: N/A
Fee: Free
Location: Buckroe Beach Park



This was so great we decided not to stop at the end of summer! So join the people who are already walking (or running). Anytime you walk on the boardwalk, keep track of how far you walked, then come in on Friday morning to record your progress and have a cup of coffee or a sports drink with the other walkers. If you can't make it on Friday, don't worry, just call in your miles each week! For every 100 miles you walk, you get a t-shirt!

Camping Class

Age: All
Day/Date: Wednesday, Oct. 15
Time: 4pm
Registration: Oct. 8
Fee: \$3 per person
Location: Grundland Creek Park

Learn how to keep your equipment in great shape and how to have a comfortable trip. Enjoy learning a few new recipes that can be made over the fire, and what you should know before you go out into the wild.

ATTENTION:

**Area Science Teachers,
Environmental Educators,
School Groups,
Scout Groups,
Outdoor Clubs
and Organizations.**

Sandy Bottom Nature Park offers a variety of programs geared toward nature and science. We have an indoor and outdoor classroom, conference room, picnic shelters, and the great outdoors in which to hold your next lesson or class. Consider our wonderful facility when scheduling your next field trip.

Programs on environmental science topics and field trips may be scheduled in advance by calling 825-4657. Other environmental programs are scheduled on a frequent basis and can be viewed in our weekend program guide available in our Nature Center or online at our website at www.hampton.gov/sandybottom.

On the Wild Side!

Canoeing for Families

Age: 5+
Day/Date: Fridays, Sept. 26; Nov. 14
Time: 26th- 6:30-8pm, 14th-5:30-7pm
Registration Deadline: N/A
Fee: \$2 per person (limit 9 canoes)
Location: Meet at the SBNP Nature Center

The calm water of Crystal Lake is an excellent place to experience nature at twilight and enjoy the sunset while canoeing. A park ranger will teach you basic paddle strokes and canoe terminology. Canoe safety will be stressed and all equipment will be provided. Then join the ranger for a nature tour of Crystal Lake by canoe. An adult must accompany all children 17 & under.

Gem and Mineral Program

Age: 5+
Day/Date: Friday, Sept. 26
Time: 6:30-9pm
Fee: Free
Location: SBNP Nature Center Conference Rm.

The Gem and Mineral Society of the Virginia Peninsula (GMSVP) will demonstrate the various aspects of the art of working with gems and minerals. This program will highlight one of the many aspects of gem and mineral fundamentals (lapidary). Feel free to bring a rock you want to have identified.

Save the Bay Breakfasts

Age: 12+
Day/Date: Saturdays, Sept. 27; Oct. 25; Nov. 22
Time: 8:30-10am
Fee: Free
Location: SBNP Nature Center Conference Rm.
Join members of the Chesapeake Bay Foundation (CBF) at our Nature Center

Conference Room for a "Bay-Friendly" presentation. A different topic and guest speaker will be featured each meeting. Please RSVP to CBF at (757) 622-1964 or cmills@cbf.org

Kayaking 102

Age: 12+
Day/Date: Saturday, Sept. 27
Time: 9-11:30am
Registration Deadline: Sept. 26 by 3pm
Fee: \$5 per person (min 4/max 10)
Location: TBA

You must have taken "Kayaking 101" in August to participate in this class. This clinic will focus on Kayak safety, sea navigation, more advanced strokes, and "hip flicks". Be prepared to get wet. Bring water to drink. Call 825-4810 to confirm class location and other details.

The Facts About Bats

Age: 5+
Day/Date: Friday, Oct. 3
Time: 7-8:30pm

Fee: Free
Location: Meet at SBNP Nature Center
They roost in hollow trees and eat a lot of insects each night. They migrate south and may live for 20 years. These are but a few of the interesting facts of these misunderstood creatures. Bat house construction plans will be provided to help you attract these beneficial animals to your backyard. After learning about bats, walk with a park naturalist in search of these flying mammals. One flashlight per family, please.



Twilight Hike

Age: 5+
Day/Date: Friday, Nov. 7
Time: 7-8:30pm
Fee: Free
Location: Meet at SBNP Nature Center
Explore the twilight world of Sandy Bottom Nature Park with a ranger to probe the secrets of the park's nocturnal animals. This leisurely hike will provide the opportunity to see the park as some animals end their day and others just begin. One flashlight per family, please.

Orienteering

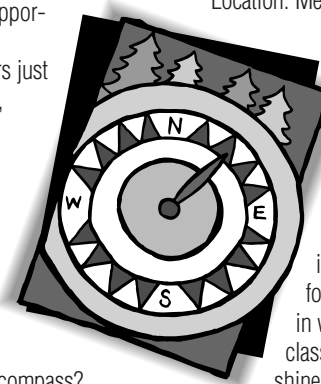
Age: 10+
Day/Date: Sunday, Nov. 9
Time: 1:30-2:30pm
Fee: Free
Location: Meet at SBNP Nature Center

Do you know how to use a compass? Come out to Sandy Bottom Nature Park where a park ranger will teach you some tips on how to correctly use this handy and indispensable hiking and camping tool. You will also learn how to read a contour map.

Fall Colors

Age: 10+
Day/Date: Saturday, Nov. 15
Time: 1:30-3pm
Fee: Free
Location: Meet at the SBNP Nature Center

Take a leisurely walk through the spectacularly-colored forest and learn how to identify the painted autumn leaves. Discover how and why some trees, called deciduous, change colors, and some trees,



called evergreens, stay green all year long.

Staying Alive In The Woods: Mastering Wilderness Survival

Age: 14+, or accompanied by an adult 18 & over
Day/Date: Saturday-Sunday, Nov. 15-16
Time: Saturday Noon-Sunday 8am
Registration Deadline: Wednesday, Nov. 12
Fee: \$5 per person (min. 7/max. 15)
Location: Meet at SBNP Nature Center

In this **OVERNIGHT** educational program, you will be taught the basics of how to stay alive in the wilderness. Learn to construct a shelter, build a fire, locate and purify water, and more. Light supper provided, but bring what makes you feel comfortable, including bug spray, sleeping bag, food, etc. Two SBNP Rangers, trained in wilderness survival, will teach this class. This program will go on rain or shine.

Making Tracks

Age: 5+
Day/Date: Saturday, Nov. 22
Time: 1:30-2:30pm
Registration Deadline: N/A
Fee: Free

Location: Meet at the SBNP Nature Center
Tracks can tell an amazing story about animal behavior. Become a nature detective. Join a park ranger for a hike in search of tracks and other signs of animals. You may see signs of deer, raccoon, or fox. Plastic molds will be used to help

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